

Nutritional & Anti-inflammatory Supports for Weight Gain and Appetite

Managing Unintended Weight Loss

Currently there are no FDA-approved medications for appetite stimulation in the elderly.¹ Most studies have failed to demonstrate that the medications commonly used off label to stimulate appetite also decrease morbidity and mortality or improve function or quality of life. As a result, appetite stimulants should not be considered as a first-line treatment for unintended weight loss in the elderly because of the lack of clear evidence of their benefit and the potential for significant medication-related side effects.



Nutritional Intervention

Instead, nutritional intervention and the treatment of underlying conditions that contribute to weight loss are the keys to managing this condition. Failing to appropriately treat the underlying cause of the weight loss cannot be corrected with appetite stimulants. For example, appetite stimulant medications will do little to increase food intake if a patient's underlying problem is poorly fitting dentures or inadequately treated depression or pain, (Coggins, 2018).

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Consider MEGACE / MEGESTROL

Only after nonpharmacological interventions have been attempted and found ineffective should appetite stimulants be considered, and even then, the use of these agents should occur only after their benefit-to-risk ratio has been carefully considered.



Megesterol acetate is commonly used as an appetite stimulant and is FDA approved only for AIDS-associated weight loss. The branded product Megace ES has been heavily promoted in long term care for weight loss despite the lack of indication for this use in the elderly. In March, Par Pharmaceutical, the maker of Megace ES, settled a multimillion dollar federal and multistate lawsuit in which the company was accused of inappropriately marketing Megace ES for use in elderly nursing home patients. The lawsuit claimed Par marketed the product despite knowledge of megesterol acetate's adverse side effects, including deep vein thrombosis, toxic reactions in elderly patients with impaired renal function, and mortality.

Studies of megesterol acetate in elderly patients who experience weight loss are limited and of poor quality. Most show minimal or no weight gain, with no nutritional or clinically significant beneficial outcomes observed. **Megesterol acetate use also has been associated with significantly increased mortality without significant weight gain**, (Coggins, 2018).

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Medication-Related Side Effects Causing Weight Loss³	
Anorexia	amantadine, amphetamines, antibiotics, anticonvulsants, benzodiazepines, decongestants, digoxin, gold, levodopa, metformin, neuroleptics, nicotine, opiates, SSRIs, theophylline, tricyclics
Dry mouth	anticholinergics, antihistamines, clonidine, levodopa, loop diuretics, neuroleptics, opiates, selegiline
Dysguesia, dysomia	ACE inhibitors, acetazolamide, alcohol, allopurinol, amphetamines, antibiotics, anticholinergics, antihistamines, anticonvulsants, antineoplastics, calcium channel blockers, chloral hydrate, cocaine, gold, hydralazine, hydrochlorothiazides, iron, levodopa, lithium, metformin, metronidazole, nasal vasoconstrictors, nitroglycerin, opiates, penicillamine, propranolol, statins, terbinafine, tricyclics
Dysphagia	antibiotics, anticholinergics, antineoplastics, bisphosphonates, corticosteroids, gold, levodopa, NSAIDs, potassium, quinidine, theophylline
Nausea and vomiting	amantadine, antibiotics, anticonvulsants, antineoplastics, bisphosphonates, digoxin, dopamine agonists, hormone replacement therapy, iron, metformin, metronidazole, nitroglycerin, opiates, potassium, selegiline, SSRIs, statins, theophylline, tricyclics

Examples of Medications Known to Cause Weight Loss²

Cardiac	digoxin, aspirin, ACE inhibitors, calcium channel blockers, hydralazine, loop diuretics, hydrochlorothiazides, spironolactone, statins, nitroglycerin
Neurologic and psychiatric	SSRIs, tricyclic antidepressants, neuroleptics, benzodiazepines, anticonvulsants, lithium, levodopa, dopamine agonists, donepezil, memantine
Bones and joints (including pain medications)	bisphosphonates, NSAIDs (including COX-2 inhibitors), opiates, allopurinol, colchicine, gold, hydroxychloroquine
Endocrine	levothyroxine, metformin
Other	anticholinergics, antibiotics, decongestants, antihistamines, iron, potassium, alcohol, nicotine

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About the Budwig Recipe

Dr Johanna Budwig is a doctor who invented a protocol known as the Budwig Diet to combat and fight inflammatory disease. One of the core ingredients in the Budwig Diet is linseed (flax seed) oil. Generally, each dessert spoon of Linseed (Flaxseed) Oil (FO) is blended with 2 or more dessert spoons of low-fat organic Cottage Cheese (CC) or quark. 4 dessert spoons = 1/4 cup.

- The Budwig Diet emphasizes healthy fats, high antioxidant foods such as fresh vegetables, and fermented dairy products that provide probiotics.
- Foods used in the Budwig Diet recipe include cottage cheese or yogurt, flaxseeds and flaxseed oil. For this reason, the diet is sometimes called the Flax Oil and Cottage Cheese (FOCC) diet or just the Flaxseed Oil Diet.
- For even more protective effects, adding additional anti-inflammatory ingredients to the Budwig Diet recipe, specifically turmeric and black pepper are recommended, (Levy, 2018).



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Why is this recipe helpful?

There's lots of evidence showing that the foods used in the Budwig Diet provide many health benefits, including reducing inflammation and supporting cellular regeneration. (2) In layman's term, this means the protocol helps recharge your body's "dead batteries" by helping your cells to work properly. The Budwig Protocol has been associated with some of the following health benefits:

- Help supporting cancer recovery
- Reducing inflammation and related conditions like diabetes
- Improving neurological function
- Improving circulation and helping to heal heart disease
- Healing inflammatory skin conditions such as eczema and psoriasis
- Reducing arthritis symptoms
- Balancing hormones

(Levy, 2018).

		
Now Flax seed oil	Barleans Flax oil	Spectrum Flax Oil

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		<ol style="list-style-type: none">1. Organic Valley Cottage Cheese2. Fage Total Yogurt (get 5%)3 & 4. Bob's Red Mill Flax Seeds and Chia Seed5. Photo of Flax and Chia Seeds
		

PLEASE READ: Before Making

5 Tips for making the Budwig Mixture

1. Follow directions! It is important to add things to the mixture in the right order. If you mix them in the wrong order you may lose a lot of the opportunity to convert the oil-soluble omega-3s into water soluble-omega-3s.
2. Keep the flax seed oil refrigerated and shake well before adding it to the bowl.
3. Immersion blenders are the bomb!
4. The mixture can be flavored differently every day by adding nuts, preferably organic such as pecans, almonds or walnuts (not peanuts), banana, organic cocoa, shredded coconut, pineapple (fresh) blueberries, raspberries, cinnamon, vanilla or (freshly) squeezed fruit juice. It's usually best to place the fresh fruit on top of the completed mixture and enjoy as its own meal.
5. Consume immediately for best results!
(Kehr, 2018)

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RECIPE #1

Ingredients

3 tablespoons of fresh, cold pressed linseed oil

6 tablespoons of low-fat (less than 2%) quark or cottage cheese

2 tablespoons milled linseed

Directions

- *Remember you must mix ONLY the linseed oil & cottage cheese and nothing else at first.*
- The mixture should be like rich whipped cream with no separated oil.
- You could use a blender for ease.
- Now once the FO & CC are well mixed add the 2 dessert spoons of milled linseeds and mix.
- Next mix in by hand or with the blender 1 teaspoon of honey (raw non-pasteurized is recommended).
- For variety you may add other ingredients such as sugar free apple sauce, cinnamon, vanilla, lemon juice, chopped almonds, hazelnuts, walnuts, cashews (no peanuts), pine kernels, rosehip-marrow.

Tip: If the mixture is too thick and/or the oil does not disappear you may need to add 2 or 3 Tablespoons of milk (goat milk would be the best option). Do not add water or juices when blending Linseed Oil with Cottage Cheese or quark. (Theinseedfarm, 2018)

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RECIPE #2 – THIS IS MY FAVORITE

Ingredients:

1 Tbsp flax seeds

4 Tbsp organic 2% low fat cottage cheese or yogurt

2 Tbsp organic pressed Flax Seed Oil

OPTIONAL: pecans, almonds or walnuts (not peanuts), shredded coconut, pineapple (fresh) blueberries, raspberries, cinnamon, vanilla or (freshly) squeezed fruit juice



Directions:

- You must consume the Budwig mixture within 20 minutes of making it. Do not make more than you need and do not refrigerate the leftovers.
- Put the cottage cheese into the bowl first, then the flaxseed oil. Then mix the two together before putting anything else in the bowl.
- Grind with a small coffee grinder (1) Tbsp of Flax Seed and put in a small bowl.
 - Do not buy pre-ground flax seed as the flax seed goes rancid 15 minutes after grinding.
 - Brown or Golden whole Flaxseed is available and either will work. Grind fresh each time.
- Using an immersion [stick or wand like] mixer for the Flax Seed Oil and Cottage Cheese.

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- Mix (4) Tbs of organic 2% low fat Cottage Cheese with (2) Tbs organic cold pressed Flax Seed Oil commonly referred to as (Flax Oil).
 - It is best (not) to use Flavored, Lignum or Highest Lignum Flax Oil.
 - Two good flax oils are Barlean's or Spectrum's cold pressed organic flax oil. This can be found in the refrigerated section of the grocery or health food store.
 - Never off the shelf. Never capsule or flakes.
 - Watch the expiration date.
- Blend the flax oil and cottage cheese together with the immersion blender until reaching a creamy quality and the oil has been absorbed. There should be no standing oil.
 - **OPTIONAL** Then add to this mixture if needed, 1-3 Tbs of low-fat milk for a creamier mixture and (stir with a spoon) no blender.
- This mixture should then be poured over the freshly ground flax seed and mixed together by spoon;
 - again no blender.
 - The ratio may be adjusted for smaller or larger proportions.
 - A rule of thumb to keep in mind is **one tablespoon of oil to two tablespoons of cottage cheese.**
 - The amount of milk can be adjusted as needed for consistency and easier blending.
 - Once the mixture is completed it must be eaten immediately for best results.
 - Make fresh each time.

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Here's a link to the (YouTube) page showing how to combine the Flax Oil and Cottage Cheese in a video.

<http://www.youtube.com/watch?v=RSoddptWL0s>

Additional Notes on this Recipe

- The above mixture can be flavored differently every day by adding nuts, preferably organic such as pecans, almonds or walnuts (not peanuts), banana, organic cocoa, shredded coconut, pineapple (fresh) blueberries, raspberries, cinnamon, vanilla or (freshly) squeezed fruit juice.
 - Adding cinnamon especially can help with taste
- It's usually best to place the fresh fruit on top of the completed mixture and enjoy as its own meal.
- Try your best to obtain organic fruit when possible. Many times this can be found frozen when not in season.
- The above protocol should not be consumed with any other supplements, foods or oils at the same time. This should be a stand alone meal.
- Dr. Budwig pointed out that people who are suffering from chronic or terminal disease should work themselves up to consuming 4-8 Tbsp of the oil daily.
 - *For those on Dialysis aim for 4-8 Tbsp daily (Njeri's Recommendation)*
 - Usually the higher limits 6-8 Tbsp were for people with cancer.

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- She stated, people with Liver or Pancreatic Cancer etc, may have to work up very slowly with the oil and possibly only start with 1 teaspoon at a time giving their body time to adjust.
- Dr. Budwig pointed out that cancer patients once starting the protocol and getting it under control must continue with a maintenance dose to prevent recurrence.
- A maintenance dose is considered (1) Tbs of the oil per one hundred pounds of body weight.
- The Budwig Diet takes time to work and in the event of cancer may take three to six months. Many other health issues can be much faster in responding, (Kehr, 2018).

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